

ABSTRACT OF THE DISCLOSURE

A wearable load supporting system has a rigid back plate which is supported over the shoulders of a user, and which may be a part of a backpack or carrier system, or may be incorporated within a ballistic vest. The back plate has an upper segment which extends
5 downwardly over padding, and which terminates in a downwardly and rearwardly extending lower segment. A waist belt is secured around the user's waist, and mounts a rearwardly facing rigid waist plate. When the user is upright, a high friction surface on the lower segment of the back plate engages a high friction surface on the waist plate, to thereby transfer vertical loads from the back plate to the waist plate. However, if the
10 user bends forwardly, the connection between the high friction surfaces is broken. Although the loads are no longer transferred to the user's waist, neither is the user's mobility restricted.